

Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

Congregant Meals: Lunch Served at Noon/ Breakfast Served at 9:00am



Monday	Tuesday	Wednesday	Thursday	Friday
			1 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas Pears & Roll CM: SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables & Roll	2
5 MOW: FISH, AU GRATIN Potatoes, Mixed Vegetables, Tartar Sauce, Tropical Fruit & Roll	6 MOW: PICANTE CHICKEN , Red Potatoes, Corn, Banana Pudding & Roll CM: GRILLED HAM & CHEESE, Potato Salad, Chips & Root Beer Floats	7 MOW: GROUND ROUND, Potatoes & Gravy, Peas, Pears & Roll	8 MOW: SWEDISH MEATBALLS OVER NOODLES, Green Beans, Pineapple Chunks & Rolls CM: SALAD BAR, Salads w/ Trimmings	9 MOW: CHICKEN STICKS, Tator Tots, Carrots, Peaches & Roll
12 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Peaches & Roll	13 MOW: BEEF BURRITTO W/ CHILI BEANS, Tator Tots, Corn, Chips, Salsa & Watermelon CM: STUFFED GREEN PEPPERS, Potatoes & Gravy, Green Beans, Peaches & Roll	14 MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Applesauce, Cookie & Roll	15 MOW: MEAT LOAF, Potatoes & Gravy, Mixed Vegetables, Pears & Roll CM: CHARLESTON COOKOUT @ 5:00PM- HAMBURGERS W/ TRIMMINGS	16 MOW: CHICKEN PARMESAN, Red Potatoes, Green Beans, Tropical Fruit & Roll
19 MOW: SALISBURY STEAK, Potatoes & Gravy, Carrots, Pears & Roll	20 MOW: BEEF RAVIOLI, Corn, Cottage Cheese, Pineapple & Roll CM: BREAKFAST @ 9:00am- Hashbrowns, Eggs, Ham, Biscuits & Gravy, Fruit, Juice & Milk	21 MOW: PORK CHOP, Potatoes & Gravy, Peas, Applesauce, Cookie & Roll	22 MOW: CHICKEN NUGGETS, Tator Tots, Green Beans, Peaches & Roll CM: CHICKEN ENCHILADA, Mexi-Corn, Chips & Salsa	23 MOW: HAM SANDWICH, Potato Salad & Apple Slices
26 MOW: CHICKEN STRIPS, Potatoes & Gravy, Peas, Peaches & Roll	27 MOW: BEEF & RICE MEDLEY, Mixed Vegetables, Cottage Cheese, Pears & Roll CM: SPAGHETTI W/ MEAT SAUCE, Salad w/ Ranch & Garlic Toast	28 MOW: LASAGNA, Corn, Salad w/ Ranch, Watermelon & Garlic Toast	29 MOW: PORK ROAST, Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll CM: FISH, Au Gratin Potatoes, Carrots, Banana Pudding & Roll	30 MOW: CHEF SALAD W/RANCH, Orange Wedge & Crackers

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00